

Terminator

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LIBRARY

the Terminator.....*vol.1 no.7*

Editor*_____ *Randy Slaven

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S T A T E M E N T

The Terminator magazine is produced bi-monthly by the inmates of Stony Mountain Penitentiary and is sanctioned by the department of the Solicitor General.

Any and all viewpoints expressed in this publication are those of the writer and not necessarily those of the editorial staff of the magazine, nor those of the administration of the institution. This magazine is not liable for any item that might offend any individual(s) reading this magazine.

Part of our editorial policy is that we will print any and all articles from both inmates or ex-inmates and from persons outside the institution who wish to contribute.

This publication is under the liaison of Mr. Brian Thorgrimson the staff librarian.

The Terminator

Nov. '77

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◆ PENAL - PUBLICATION ◆

From the

EDITOR



Prisoners are treated as less than human beings, and this is made easy because we are stigmatised; our rights are taken away; we are (for the most part) cut off from the outside world and surrounded by censorship and secrecy. The Inmate Welfare Committee of this institution wishes to co-operate with other bodies having a concern for prison reform, and for the furtherance of human rights, personal reformation and national policy development. They insist on voicing the problems of our prisons within the scope of the criminal justice system, and the ways in which reforms could be instigated; they demand recognition and encouragement for the new awareness and drive for reforms now manifested among prisoners themselves; they declare that the basic rights taken for granted in the outside world should be the rights of the prisoners also, that if the rule of law is to prevail in the outside world then it should equally prevail in prisons, and that prisoners lives should Not be disposed of by arbitrary decisions; they insist that the barrier of secrecy surrounding prisons must be broken, that there must be an end to the misuse of the Official Secrets Act, and that those in prison must be allowed free communication and contact with those outside. In the face of present secrecy, they shall endeavour to convey to the public a true and full account of prison conditions and of the views and feelings of prisoners on the whole. The following demands were made by the Inmate Welfare Committee on behalf of the inmate body, some four hundred prisoners at Stony Mountain Institution. In the near future they will be calling upon the Crown, Parliament, and the Prison and Justice Departments to accede to those demands and to initiate such legislation and issue such directives as are necessary to ensure the establishment and effective implementation of the following rights for prisoners:

(1) the right to have all matters relating to pay and conditions in prison determined by negotiating between management and the prisoners elected representatives, and the right to Committee participation in the running of the institution by acting as spokesmen for prisoners and attending all policy and staff meetings;

(2) the right to vote in national and government elections;

(3) the right to be legally represented and to call defense witnesses in internal disciplinary proceedings, to which the press should have free access;

(4) the right to institute legal proceedings of any kind, including actions against servants of the Crown, without first securing the consent of the Attorney General;

(FROM THE EDITORS cont'd)

(5) the right to contact legal advisors in confidence, without interference, intervention or censorship by the penal authorities;

(6) the right to parole, providing certain clearly established and publicly known criteria are met; this right to be supplemented by the right to receive expert and independent assistance in the preparation of parole applications; to be presented and/or legally represented at the hearing of parole applications; to have access to all reports considered by the parole board from whatever source and the opportunity to refute allegations of misconduct or unsuitability; the right to reasonable judgements on the board's decisions, and the right to appeal to the High Court against those decisions;

(7) the right to communicate freely with, and be visited by the press and public;

(8) the right to send and receive as many letters as desired without censorship; including the right to send typewritten letters and own and/or use typewriters for personal correspondence;

(9) the right to adequate and humane visiting facilities within all penal institutions to include the right for the ability to exercise our conjugal rights;

(10) the right to attend funerals of all near relatives;

(11) the right to be allocated to penal institutions within our respective home regions;

(12) the right to demand an independent inspection of prison conditions, including medical treatment, food, working conditions, living accommodations and leisure facilities;

(13) the right to consult independent medical advisors;

(14) the right to adequate exercise periods to include improved recreational facilities;

(15) the right to advertise for sale the products of our leisure time activities, such as hobbies, fine arts and writings;

(16) the right to receive articles for personal use as gifts from relatives, friends and organizations;

(17) the right to start clubs, and form groups of an educational, social or benevolent nature;

(18) the right to insist on being included or excluded from groups formed for correctional purposes, pursuant to MSR 1970, p.10, paragraph 29;

(19) the right to be allowed to protest effectively pursuant to MSR 1970, p.15, para.48 - this would mean the acceptance of a Prisoner's Union;

(20) the right to purchase newspapers, books, magazines, and printed matter in general, from whatever source without censorship or limited selection;

(21) the right to undertake correspondence courses from whatever source, whether these are accredited or not, without interference or intervention by the prison authorities;

(22) the right to human dignity in the correctional process;

(23) the right to adequate participation for discharge including:(a) programs of pre-release courses devised in conjunction with prisoner's families, friends and organizations in order to

(FROM THE EDITORS cont'd)

help them with their special problems, particularly in regards to housing, employment, education, marriage counselling and child care;(b) the right to home leave provided clearly established criteria are met, with increased emphasis on weekend passes, with leaves of absence extended to five (5) days a month or more;(c) the right of allocation to a pre-release hostel scheme for all non-violent offenders six to eight months prior to release;(d) the right to a fully franked social insurance plan on discharge and consequently full unemployment insurance benefits for all ex-convicts unable to find employment;

(24) the right to have all institutional records or files destroyed after five years of discharge irrespective of last sentence served. It's time to get off your...and support our elected representatives.

From the ASSOCIATE EDITOR



As the new associate editor of this fine magazine I can assure you that it will be a pleasure to work as part of the editorial staff of the Terminator. And, I trust that all good feeling and harmony will show in this and future editions of the Terminator. For the majority the probabilities of our outside readers knowledge of a penitentiary is nil, we therefore invite you to write in, to either express your opinions and/or ask questions. Misconceptions will be corrected and answered. Your letters, comments and opinions are the only means by which we can judge as to whether or not we are being successful in our attempt to inform the public of the current events, every day life, humour and thoughts that are part of each inmate inside the walls.

ARTIST



The editor and associate editor of the TERMINATOR

MAGAZINE would like to extend a warm welcome to

their new artist, Gerald Bissett.

MAIL

CONGRATULATIONS

Allow me to express my congratulations on a Terminator issue that is the best I have seen come out of this institution since its beginning in 1973. I enjoy your articles. I enjoy your artwork and layout. Keep it up. The Terminator is becoming something that we can all be proud of, and it is through the efforts of people like yourself.

Daryle Johnston
Stony Mountain.

HOBBY CRAFT

I do trust that this letter will find you all very well at the present time. Life is treating me very well, one day at a time, and my little business is really off to a good start. I am keeping very busy with it. I guess that this is the only way for me, as I would like to think that my life is useful and meaningful and that I am helping someone else at the same time as I stay right close to those who do send me hobby-craft. I sell it for them and they get back earned monies. I worked the election and I was really into enjoying this very much and I will really look forward to when the money comes back for the days I worked, as this little bit will go further into investment as I will be continuing to do flea market sales. These sales are held every Sunday at the Convention Centre and they are profitable. I am able to say that I am able to get rid of all the small articles easily. There are four stores that are doing some buying too so that is keeping me going and this is the main thing. I felt very satisfied this past Monday, as I was required to turn over a check for \$200.00 for petit point that was done for me out at the Prince Albert Penitentiary - I was grateful to see it sold, and I continue to want more hobby - craft, so if you have a friend please pass the word on and let him or her send it to me and I will sell it for them. All I ask is for 15% of the selling price and I would appreciate more articles so that they may be sold. I am looking for petit point, macrame, leather work and also any other different items that are made by hand. I have just run a stencil off and I will be getting this out into more stores and boutiques around Winnipeg so that I will be able to sell more items. I am glad that this vision I had over a year ago has become a reality and next year I am furthering this vision to go into a store - front as I feel that Winnipeg has nothing of this in nature that has been successful. I feel that I do have the answer to it's suc-

(LETTERS TO THE EDITORS cont'd)

cess, in that I am using inmates crafts which are of the best quality going and I stand behind the article so that I now have a following of people that are busy buying anything that is turned out. Christmas is not that far off and I do need a large volume of articles to be able to supply the great demand. I don't know if you know but interior designers have helped those that do handicrafts the feature is getting back to these articles and we are into a Renaissance of Art and getting back to the quality items and the forecast is that this is back to stay for the next solid year and more. So please do be in touch with me and let me get your hobby - craft sold. For now, have a good day and may you continue to create. For the advancement of arts and crafts.

Robert Thomas Brady,
24-185 Vaughan Street,
Winnipeg, Manitoba.

AFRICA

I was somewhat overwhelmed several days ago when the mail brought me your farewell present. Although several months and several thousand miles separate us, I still think of the rich friendships I was able to establish with you. The experience of retreats, chapel services, Bible studies and even the chapel coffee remain for me very important memories of my work at Stony; the warmth of the visits many times more than compensated for the cold winter drives out to the institution, and I often left with more energy than I arrived with. For that, and for the farewell present, I thank all of you. Here in Botswana, Joan and I are slowly working to establish a resource centre to enable the many victims of Southern Africa's racism and violence to continue with their education. It is a very complex situation, with much injustice, fear and suffering. We are also hard at work in the evenings and on weekends in our yard, planting peas, melons, cucumbers, small trees, flowers and so on. When we moved into our present house it seems that we received an additional gift of lots of sand and rocks which must be cleared away. If any of you are looking for work, we need people who are handy with a shovel, pick, and wheelbarrow. We don't pay much, though. We thank you again for your thoughts and your gift, and we wish for all of you the peace and joy of God.

Orlando Redekopp
Africa.

Open Letter

THE INMATE WELFARE COMMITTEE-STONY MOUNTAIN

November 14, 1977.

Mr. John Field
Ellen Street Community
Legal Services,
395 Notre Dame Ave.,
Winnipeg, R3B - 1R2.

Dear Mr. Field:

As requested in your letter of November 7, 1977, we are pleased to provide you with a list of selected topical law subjects as previously discussed with respect to the types of courses we would like to see at Stony Mountain Institution, that is:

- I - Fundamentals of Canadian Law;
- II - Constitutional Rights;
- III - Legal Accountability of Convicts in Penitentiaries;
- IV - Administrative Law;
- V - Legal Relationship Between Sentence and Mandatory Supervision;
- VI - Civil Court Procedure and Remedies For Tort;
- VII - Criminal Procedure.

We appreciate your interest and concern to help us to better understand our legal rights.

Yours sincerely,
Robert Brydon
Chairman I.W.C.

RB:MWE

by Daryle Johnston



I suppose that you think it rather absurd to call an organization "The Good Life." I suppose, also, that were it not because I have been a Toastmaster for so long, I would agree with you.

However, the case is, that toastmasters does represent, at least, the good life. After all, what is salad without the dressing... chicken without the cranberry sauce... stew without the dumplings... or a gourmet dinner without the wine? The relationship of toastmasters to life is the same as these others.

Don't take my word for it...ask over a million other people who participate in the program in over 50 different countries. Have a look at the majority of people who are Toastmasters. In any democratic country, you will find perhaps ten

politicians who are successful. Out of those ten, perhaps eight will be Toastmasters. The best from every specialized field of endeavour are Toastmasters. The professional people that you observe on television and read of in magazines are probably Toastmasters.

Because so many do become involved, and because so many are of a highly professional nature in their employment, it becomes obvious that Toastmasters has a special lure, a special attraction for these people that they can find no where else. That special something is the ability to communicate effectively with their fellow man. It is also the abilities acquired, through the Communication and Leadership Training Program of Toastmasters, that gives each and every participant the training necessary to organize and operate their business pursuits on a profitable and effective management platform.

Yes, Toastmasters is the good life. Toastmasters has all of these things and more. At present, the only club you have access to is the Bob Shewring Toastmaster Club, here in Stony Mountain. Before you say, "Big Deal!" Think of this...in the three year history of this club, we have had a success rate of 84% plus! That means that for every hundred persons that we process through our club, using the Toastmaster Training Manuals, 84 stay out and live lives that are productive and effective! That speaks for itself.

The Toastmaster program will give a man the tools he needs to stay out when his day arrives. He will be able to go out and convince people to give him the chance he needs. He will have the tools with which to build his future and develop his natural and acquired

(Toastmasters - Monthly Report cont'd)
talents.

Give Toastmasters a try. Drop down to the Reception Centre on any Monday night and give us a looking over. There is much to be desired here. The time is right for each and every one of you, to begin planning for your future and to develop those skills that you will need upon your release...unless you want to come back, that is.

SEE YOU THERE ! ! ! ! !



TOASTMASTERS PUTS YOU UP FRONT - WITH BETTER LISTING, THINKING
AND SPEAKING.



INDIVIDUAL PROGRAM PLANNING

By George R. Canning
L.U.I



There is a new philosophy in the Canadian Corrections Service. This philosophy is based on the premise that inmates are responsible for their own behaviour, and that they are able to make choices. Opportunities to demonstrate responsible behaviour are being provided by Living Unit Institutions. The Opportunities Model has as its goal the provision of resources and programs designed to allow inmates to learn appropriate and responsible forms of behaviour. In an effect to co-ordinate this task the process of Individual Program Planning has been adopted and integrated within the Prairie Regions including Stony Mountain Institution. The overall abjectives of the I. P. P. are to give individual inmates greater opportunity to assess themselves, plan their activities and most important of all accept responsibility for their own behaviour. Individual Program Planning provides inmates with continuous feed-back on their progress and the necessary assistance and support whenever required. The I. P. P. Team would therefore consist of the inmate, Living Unit Officer, Living Unit Development Officer and the Parole Officer. The Living Unit Officer's duties may best be defined as evaluating the offender's progress within the institution and to form a working relationship with the inmates on his case load. The Living Unit Development Officer is primarily responsible for the co-ordinating the effects of the Living Unit Officer, provide counselling services and to make referrals to the appropriate resources and agencies. The Parole Officer is responsible for community liaison with the offender's family, social service agencies, community assessments, release and pre-release plans and counselling. The I. P. P. Team would also include other staff members on an advisory basis such as psychologists, psychiatrists, teachers, instructors, social development, etc. In conclusion, the I. P. P. concept is not a formula for instant "Rehabilitation" but simply an avenue of defining individual needs and goals, of analyzing problems and seeking out solutions for those problems with always the hope for personal growth and a keener awareness of the world in which we live.



BY: DARYLE JOHNSTON

SO!

WHAT

ELSE IS

NEW?

The system, as we know it, is going through change. Already, we have seen transition from security to living units. We have seen the advent of the temporary absence program. We have seen a growth in the development of social development. We have seen construction instituted that is supposed to enhance our chances

of rehabilitation. Since you are aware of all these things, you must wonder just what I could be talking about. There are more changes about to come. Since the dawning of time, man has felt the need to have prisons. There is anthropological evidence that even the neanderthal man had such a thing as a prison; at least, he, at one time or another, held prisoners. Prisons have been used to hold enemies, to prevent encroachment of property, to prevent theft, to prevent freedom of speech, to protect persons, and to serve as examples to anyone and everyone. Prisons have gone through some remarkable transformations in the past hundred years or so. We have come a long way since they have chained us to the walls. However, there is still a long way to go. We have, yet, to establish some form of prisoner's rights and program whereby the incipient progress of rehabilitation can take place. There is such a thing as a right. There are basic intrinsic rights that are inalienable in all people. These rights are, and should be, the basis upon which a prisoner's rights movement could flourish. To date, I have not heard of anyone expounding the virtues of these. Allow me to give you a small example: In WWII it was considered a right of a P.O.W. to attempt to escape whenever possible. That's correct...his right. Granted, some times they would be shot for their attempt. More often than not, however, they were simply captured, penalized for a short time, and put back into the camp; where they would begin working on their next scheme. Since the dawning of time, there has been a need for man to change and adapt to his environment. This adaptation, in recent years, has been called rehabilitation. One thing stands out about this entire process that makes it a ridiculous assumption. As

(SO! WHAT ELSE IS NEW cont'd)
you can see in the diagram below,

Fig. A



Fig. B

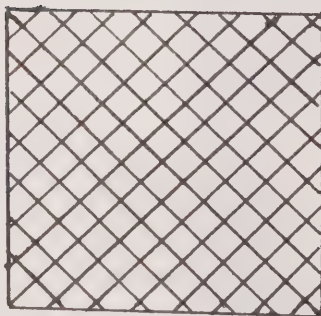
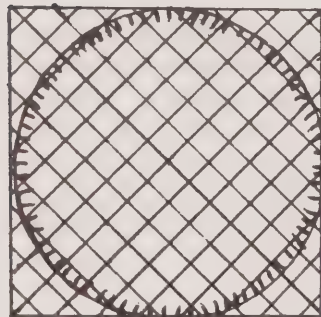


Fig. C



a person is taken from a normal society (a) where he has acted in a deviant manner; he is placed into a totally deviant society; (b) and then released into a normal society again. It is very much like trying to put a square peg in a round hole. (c) How can one learn normality in a totally deviant society? Any alteration towards a normal pattern of existence must be responsible to certain traits within the individual himself, rather than due to any program that does little but throw deviants together in the hopes that the experience will create change. In fact, it's absurd assumption. So, you see, there is more changes about to come. There must be in order to, somehow, bring down the rate of recidivism. Too many people come back to prison. Prison didn't work in the old days and it does not work today either. However, it can if programs are developed and institutions are designed in a manner that will allow an individual certain rights, and certain freedoms that will make him want to return to society and lead a productive life. Under present environmental conditions, this will not take place.



NEWS BRIEFS



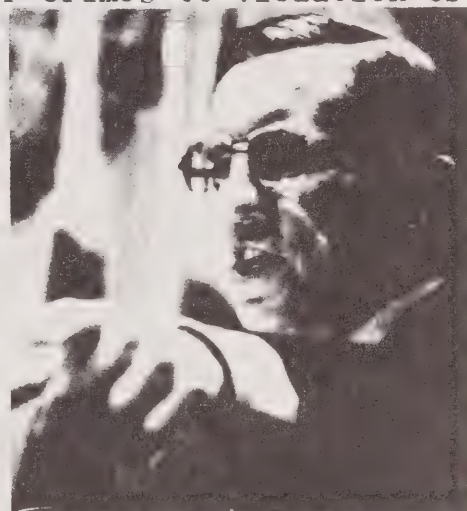
FORCED PAROLE SCRAPED

Ottawa(CP)-A parole law that was a factor in generating the Kingston Penitentiary riot in 1971 and has been a constant source complaint by prisoners has been changed. Prisoners now have the right to refuse release on mandatory supervision - a form of parole they say lengthened their sentence. Furthermore, the new law counts time spent on the street under parole or mandatory supervision as time served. This means that a prisoner on parole for a year, for example, will not have to serve that year in prison if his parole is revoked. Prisoners may or may not apply for normal parole. Many won't, because they feel the conditions simply mean they will wind up in prison again with the same time left to serve. Release on mandatory supervision, until October 15th, was involuntary. A prisoner by law had to serve roughly the last third of his sentence on the street. Hundreds of prisoners released on mandatory supervision were returned to prison for everything from commission of crimes to violation of terms of parole.

JUDGE,

DISTASTEFUL

SPECTACLE



Vancouver(CP)-A Federal Court of Canada judge has asked Justice Minister Ron Basford and Solicitor General Frances Fox to clarify the legal rights of prisoners. Justice F.U. Collier accused the federal justice department of staging a "Distasteful Spectacle" before him in the case of a federal penitentiary prisoner who is suing the department and representing himself in the action. Jean Watchuk, a justice department lawyer, told Justice Collier his request would be relayed to the two federal ministers. The case involves Jack Clinton Magrath, 60, serving a nine year term for trafficking in heroin. He is suing the justice department because it ordered his transfer from Agassiz Mountain Prison east of Vancouver to the British Columbia Penitentiary in nearby New Westminister. Such cases are normally handled through grievance procedures within the prison. When the case began in July, Watchuk told Justice Collier that the

(JUDGE, DISTASTEFUL SPECTACLE cont'd)

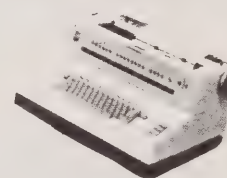
justice department had instructed her to oppose Magrath's rights to represent himself. Justice Collier said he wanted a ministerial ruling on whether penitentiary prisoners have the right to take grievances to civil court and represent themselves. In federal court, Magrath has called other prisoners to testify and has caused a number of senior Canadian Penitentiary Service officials to spend time in court. But Watchuk said the department was not prepared to pay costs of transporting Magrath's witnesses, who were subpoenaed and granted release on writs of habeas corpus, from the institution to the court hearing. Justice Collier, who suggested that the department might be denying Magrath's rights, advised the prisoner to apply to legal aid for the costs of transporting witnesses. When Justice Collier adjourned the hearing until this week, and Watchuk said she would not be available for the resumption of the hearing, the judge criticized the justice department.



GOV'T ALLOWS INMATE'S LAWSUIT

Vancouver(CP-the following day)-The federal government allowed a convicted heroin trafficker to proceed with a lawsuit against the government over his transfer to the British Columbia Penitentiary. Justice F.U. Collier had told the government that he would adjourn the case if Jack Clinton Magrath, was not allowed to appear in court to contest his suit. The Justice Department has placed a number of obstacles in Magrath's way to stop him from representing himself in the case, fearing a successful suit could lead to a flood of litigations by prisoners. Earlier, Andre Therrien, commissioner of penitentiaries, granted Magrath a temporary release, so he could appear.

TYPEWRITERS FORBIDDEN



Stony Mountain-The inmates at this institution have been forbidden to use typewriters for their personal correspondence...but they are permitted to type business correspondence.

COMICS WANTED

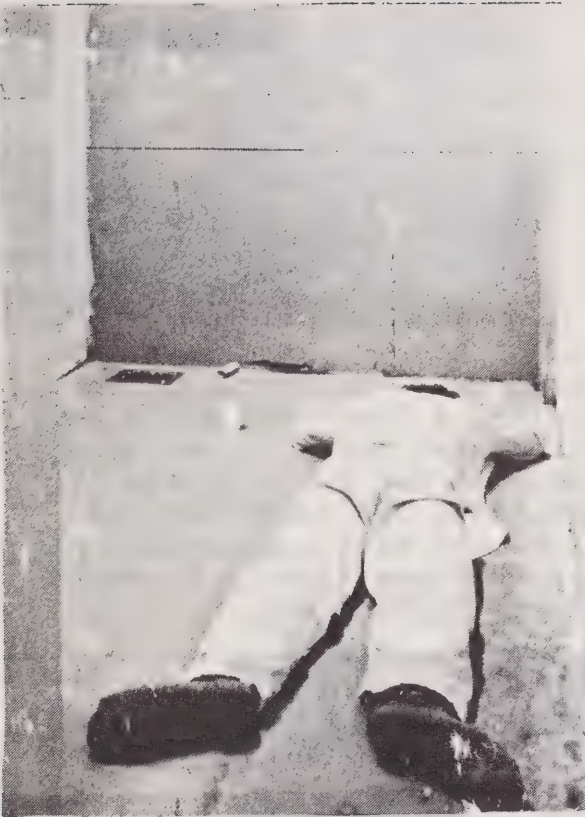
Inmate wishes to receive old DC, GOLD KEY

and MARVEL comics. Address all inquires to
the editor or associate editor...

EX-INMATE

AWARDED

\$15,000



Kingston(CP)-John Dodge, 37, a former inmate at Millhaven Penitentiary in Kingston, Ontario, has been awarded \$15,000 and all legal costs in a lawsuit against three guards from that prison. Dodge, was awarded \$7,500 in general damages and \$7,500 in punitive damages in a decision handed

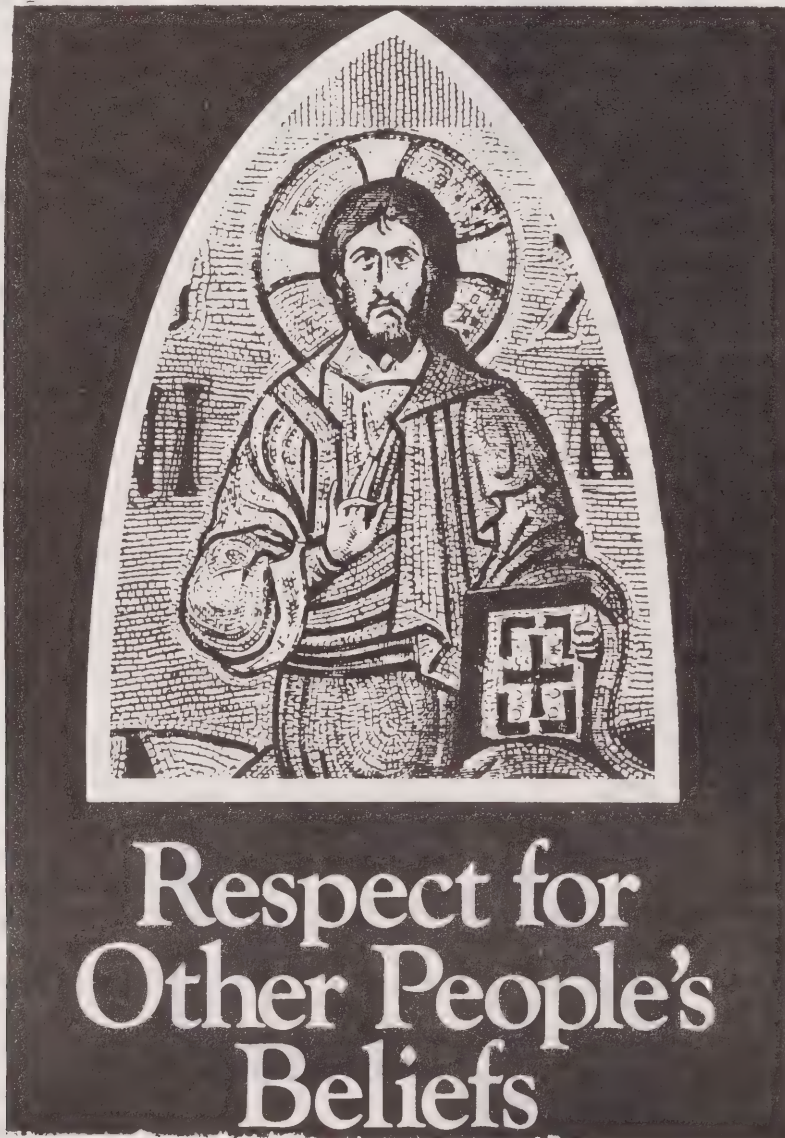
ed down by Mr. Justice Donald Keith of the Ontario Supreme Court. In his judgement, Mr. Justice Donald Keith said he had no doubt that the plaintiff was assaulted by the guards and rendered unconscious in circumstances that cannot be justified. Dodge said the three guards assaulted him in his cell, causing back injuries which led to operations and spinal fusions and kept him in a body cast for several months. Dodge said in an interview that he hopes he has shown that, "Just because you're in one of those places, you don't lose your self-respect. People say these things are hard to believe, I don't think things are hard to believe when you see things that happen," said Dodge. "I'd been very confident in the whole case from day one. I knew something was going to happen and it would be in my favor." Dodge's lawyer, Brian Iler of Toronto, said it was the first case he knew of in which a prisoner has taken a guard to trial. "I expect that we may see some more of these (court cases) in the future, it all depends on the guards. These incidents occur, but I would encourage any inmate who came to me to take similar actions." Dodge said earlier that he hopes he has helped other prisoners.



BOY'S TOWN



Winnipeg(CP)-Art Meunier, who spent 42 of his 52 years in prison, is home in Moncton, N.B., after 31 years away. Meunier, who served his prison sentence at age 11 for stealing a five-cent watch and was released from a United States prison last March, plans to start a country - wide tour to raise \$300 million for a boy's town project in Acton, Ontario and British Columbia. The towns for boys ranging in ages from seven to twenty-one and with populations of up to 2,500 would be modelled after a similar operation in Nebraska and would be entirely run and owned by the youngsters.



The WEeping QUEEN

By
Gerald
Bissett
part 2



IN OUR LAST ISSUE WE SAW OUR BRAVE HUNTER READY TO GO FORTH INTO THE UNKNOWN JUNGLE WITH OUT HIS GUIDE, WHEN A SHRILLING SCREAM STOPS HIM IN HIS TRACKS. HE TURNS TO SEE HIS FAITHFUL GUIDE LYING ON THE GROUND WITH A SPEAR DEEP INTO THE MAN'S HEART. HE SEES NO ONE, BUT HE RESPONDS WITH A VOLLY OF SHOTS INTO THE INFESTED JUNGLE. THEN HIS ATTACKERS ADVANCES UPON HIM WITH WAR CRY'S AND HURLING SPEARS, HE TURNS, AND RUNS INTO THE DEEP UNKNOWN JUNGLE...

FINALLY OUR HUNTER COMES TO A STOP FOR HE RAIN ALL DAY, AND NIGHT HAS COME. HE DOES NOT HEAR HIS PURSUERS. SO HE LEANS AGAINST A TREE CATCHING HIS BREATH AND LOOKS OUT AT THE SUNSET HE SITS DOWN AGAINST THE TREE AND FALLS ASLEEP.

OUR HUNTER IS AWAKENED IN THE MORNING BY A SCREAM BUT WHEN HE LOOKS AROUND HE SEES NO ONE, THE SCREAM COMES ONCE MORE IT IS THE VOICE OF A WOMAN

E-A-A-A-A

HE RUNS AS QUICKLY AS HE CAN IN THE DIRECTION WHICH THE SCREAM CAME FROM, FORGETTING HIS JACKET AND AMUNITION.

HE RUNS LIKE A MAD MAN

AND BURSTS INTO A CLEARING TO SEE

RAARR

A TIGER READY TO JUMP UPON A WOMAN. BUT THE TIGER SEES THE MAN AND CHARGES. OUR BRAVE HUNTER RAISES HIS RIFLE AND AIMS FOR THE HEART, HE PULLS THE TRIGER, BUT JUST GETS A CLICK - HIS RIFLE IS EMPTY!

RAAWRR

CLICK CLICK

TO BE
CONTINUED

CH

observations | wayne w. butsui

At times such as when problems and/or anxieties multiply we all yearn for a spot all our own, a quiet spot where we can be alone with our thoughts. Each of us at one time or another have yearned to flee from these pressures and problems, and many have fled, but only to find that it does no good, not in the long run anyhow. But there is a way out, without fleeing, a place where you can shut out the world, worries, solve problems and cure anxiety. You can do this by taking an inner journey where you may be alone with yourself and assess your situation honestly, by practising the art of meditating in solitude.

Relaxing in solitude can be used not only to meet and solve your problems, relieve stress, but it can also be used as a fertile field in which new ideas can take root and grow. Relaxing in solitude gives you a chance to sit down with yourself to take part in a state of mind that is characterized by a calm and joyful center in the midst of life's turmoil. It will also increase your happiness.

Those who have mastered the simple art of relaxing in solitude have conditioned themselves to grow quickly and pleasantly into emotional maturity, to become the balanced individual that they were meant to become, of which we all have the equipment waiting to be tapped.

If we lay aside our disturbances for 30 minutes, two or three times a day and sink ourselves into deep relaxation with entire concentration, we will be better physically and mentally to deal with these disturbances when we are renewed and completely refreshed.

After you have learned the techniques I am about to describe, you can cut the time from 30 minutes to 5 minutes for each of the sessions, and still get the same benefits.

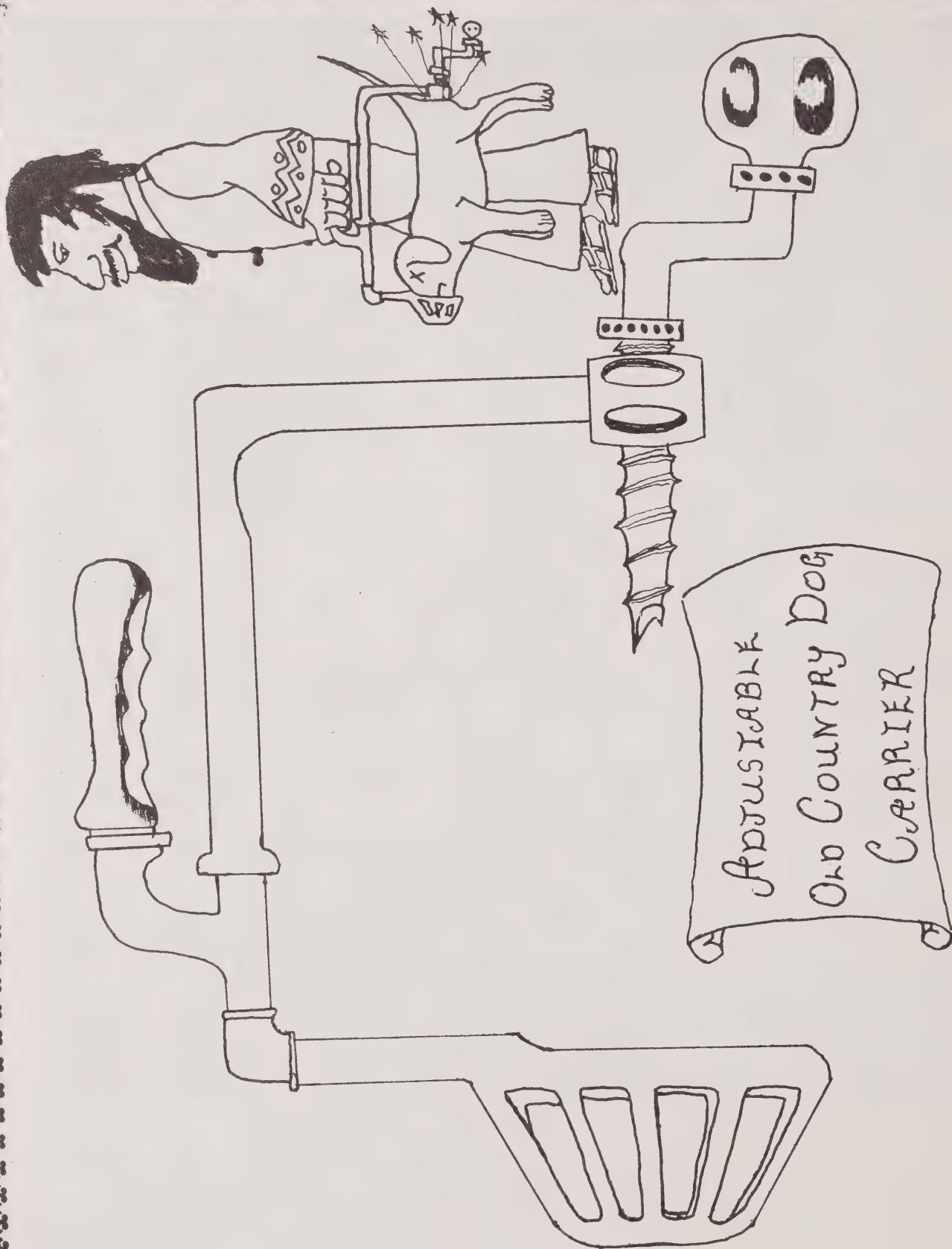
Deep relaxation means relieving the mind and the body of all conscious tensions. Relaxation enables us to let go as many muscles and thoughts as possible. The only requirement is a quiet room or closet where you can retreat for 30 minutes to relax in solitude, and where you will not be disturbed if possible. Under certain circumstances however it may be difficult to find a closet or room where one could retreat to, what I do is use ear plugs, or I take advantage of my earphones by locating a dead channel, where there is no broadcasting for instance, and I tune in with the quiet channel. Now after you are satisfied that you have a relatively comfortable spot, settle back in a comfortable position, lying horizontally on your back and just relax for a few moments, it would be appropriate to mention at this time that each of the following exercises should be performed or held for 15 seconds approximately prior to moving on to the following exercise.

(Relaxing In Solitude cont'd)

Lets say that you start first with your right fist, you now form a tight fist...just clench your fist and stretch your arm out as far as possible, at the same time notice the tension in the arm and in the fist hold it like that for 15 seconds, now relax the muscles and slowly bring your arm down to your side, and observe the contrast in your feelings...once again tense your fist and stretch out that arm...notice the tension...now relax your arm and notice the difference between tension and relaxation...now you do the same exercise with your left fist...clench your fist and stretch your arm...notice the tension...relax your arm and notice the contrast...repeat this procedure about twice for each fist. Then just let yourself go and relax all over. Arms placed at your side, fingers comfortably open, just relax like that for a moment. Your arms should feel comfortably heavy as you allow them to relax...now wrinkle up your facial muscles, start with the forehead, wrinkle the forehead and notice the tightening, the tension...now relax those muscles...do this about two times, next frown and crease your brows...again study the tension...let the muscles relax...note the contrast...do this again a second time. Next shut the eyes as tight as you can...tighter and tighter yet...and feel the tension...then relax your eyes...close them tight again...not the tension and relax the eyes once more, keeping them closed, and just relax like that for a moment. Next clench your jaws in the same way, feel the tension...release the tension and relax...press the tongue against the roof of the mouth, feel the tension...relax the tongue and note the contrast...do it again a second time..and again notice the tension...then relax letting the tongue return to a comfortable position. Purse the lips tightly together..note the tension...relax. No doubt that by now you understand the difference between relaxation and tension, feel the relaxation throughout the facial area, the head, and along your arms. Now apply the same procedure to neck muscles, roll your head to the right...feel the tension...roll your head now the other way...then roll head back to position and notice the contrast, do this exercise again a second time. Now point the chin straight up and out, feel the tension...relax and note the contrast, press the chin towards the chest, press hard into chest, relax and note the contrast. Do this once more then return chin to a comfortable position. Shrug the shoulders up and forward drop shoulders to relaxed position and note the tension from relaxation, shrug the shoulders down and back...feel the tension then relax and notice the relaxation from tension. Next tighten up the abdomen, then work down to legs using the procedure described above for other exercises. First tightening the muscles then relaxing them and noting the contrast in relaxation and tension, and feel the relaxation taking over...deeper...deeper...and ever deeper. During these relaxation procedures you must banish any ideas of hurry, and take your time doing these exercises. The whole purpose of this experiment is to acquaint all the muscles of your body with relaxation, and the difference between the feeling of relaxation and that of tension. Progressive relaxation, from forehead, face, to finger tips, from chest to toes, visualizing and purposefully loosening each muscle group.

(Relaxing In Solitude cont'd)

When you have worked on every part of your body, you can become yet twice as relaxed as you already are, by merely resting and breathing deeply-slowly exhaling, with your eyes closed, so that you are less aware of objects which might otherwise obstruct your deep state of relaxation, and to prevent any surface tensions that may develop. Breathe deeply, gently, rhythmically, enjoy the complete relaxed feeling of all the muscles in your body, and notice yourself becoming comfortably heavier. Inhale a lengthy and deep breath, let it out slowly, notice how heavy and relaxed you've just become, deeper yet, and deeper, all is calm. Take one more deep breath, hold it, let it out slowly, relax...If you are in the state of perfect relaxation, you should be unwilling to move a single muscle. As you lay there relaxed, visualize a wonderfully relaxing scene. Or simply visualize a blank white wall, similar to a large white movie screen. When you wish to get up and return from your inner journey, just count backwards from 10 to 1 and rise slowly, (getting up too quickly from a relaxed horizontal position will sometimes cause a headache) when you return to the general routine of everyday work those once disturbing worries, anxieties difficulties and tensions will not be as burdensome, because of the fresh confidence, from being relaxed both physically and mentally and you'll be better able to cope with those problems. It does take a willingness to keep at it, as the process is progressive, yet there is little doubt that the experiencing of deep relaxation does effect how a person perceives the world and himself, and thus inevitably changes his values and his behaviour. If you continue this program for thirty days, two or three times a day, you will feel more and more relaxed, less irritable and less prone to bouts of anger, general health will improve and you will find more energy to work and play. The exercises can be performed quiet quickly, say, the first thing in morning before waking up and during the day if it is possible. But deep relaxation should always be performed after a days work, just before that big meal of the day, and should take 25 to 30 minutes for each session, as mentioned earlier, once you have grasped this technique of relaxation, it can be done in a shorter span of time, 15, 10 or even 5 minutes. Some claim that deep solitude relaxation may give so much energy and vitality that it may become practically impossible to go to sleep if it is practised before bedtime, however relaxing suggestions will eventually merge into sleep. As Max Ehrmann says in Desiderata: "Go placidly amid the noise and the haste and remember what peace there may be in solitude." There is a solution to every problem whether it be large or small, but in order to discover the solution to every problem, every wish must be backed up with honest effort, and strong will. If we abide by nature's laws, peace will be ours.



Humor

Your own personal horoscope each month.....BY: Max Willis

AQUARIUS (Jan. 20 - Feb. 10) You have an inventive mind and are inclined to be progressive. You lie a great deal. On the other hand, you are inclined to be careless and impractical, causing you to make the same mistakes over and over again, people think you are stupid.

PISCES (Feb. 19 - Mar. 20) You have a vivid imagination, and often think you are being followed by the CIA or FBI. You have minor influence over your associates and people resent you for your flaunting of your power. You lack confidence and are generally a coward. Pisces people do terrible things to small animals.

ARIES (Mar. 21 - Apr. 19) You are a pioneer type and hold most people in contempt. You are quick tempered, impatient, and scornful of advice. You are not very nice.

TAURUS (Apr. 20 - May. 20) You are practical and persistent. You have a dogged determination and work like hell. Most people think you are stubborn and bullhead. Taurus people like B.O. and fart alot.

GEMINI (May. 21 - June. 20) You are quick and intelligent thinker. People like you because you are bisexual. However, you are inclined to expect too much for too little. This means you are cheap. Gemini people are known for committing incest.

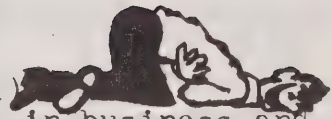
CANCER (June. 21 - July. 22) You are sympathetic and understanding to other people's problems. They think you are a sucker. You are always putting things off. That's why you'll never make anything of yourself. Most welfare recipients are Cancer people.

LEO (JULY. 23 - Aug. 22) You consider yourself a born leader. Others think you are pushy. Most Leo people are bullies. You are vain and dislike honest criticism. Your arrogance is disgusting. Leo people are thieves.

VIRGO (AUG. 23 - Sept. 22) You are the logical type and hate disorder. This nitpicking is alienating your friends. You are cold and unemotional and sometimes fall asleep making love. Virgos people make good busdrivers.

LIBRA (Sept. 23 - Oct. 22) You are the artistic type and have a difficult time with reality. If you are a man you are more than likely a queer. Chances for employment and monetary gains are excellent. Most Libra women are good prostitutes. All Libras have venereal disease.

(YOUR OWN PERSONAL HOROSCOPE EACH MONTH cont'd)



SCORPIO (Oct. 23 - Nov. 21) You are shrewd in business and can - not be trusted. You will achieve the pinnacle of success because of your total lack of ethics. Most Scorpio people are murdered.

SAGITARIUS (Nov. 22 - Dec. 21) You are optimistic and enthusiastic. You have a reckless tendency to rely on luck, since you lack talent. The majority of Sagitarius people are drunks or dope fiends. People laugh at you a great deal.

CAPRICORN (Dec. 22 - Jan. 19) You are conservative and afraid of taking risks. You don't do much of anything and are lazy. There has never been a Capricorn of any importance. Capricorns should avoid standing still too long as a dog might think you are a tree and pee on you.

HERMAN



CASHIER

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10/27

"I haven't understood one word you said. Come back when your face gets better."

Alternatives

A Programme of
Community Involvement

Un projet
d'engagement social

by: J.D. McCord

Exec. Director

"A crisis exists in the Canadian Penitentiary system. It can only be met by the immediate implementation of large-scale reforms. It is imperative that the Solicitor General act immediately on this Report as a matter of the utmost urgency." So state the recent Report to Parliament by the Sub-committee on the Penitentiary System in Canada. (The full text may be obtained from Printing and Publishing, Supply and Services Canada, Ottawa, K1A - 0S9. cost \$3.00.) Some of the basic concerns and key recommendations in the Report follows: (1) Recently, the Penitentiary Service has embarked on a building programme of over twenty new, smaller institutions across the country to house approximately two hundred inmates each. The Solicitor General should be commended for this initiative to provide smaller, more humane institutions; however, there is no public guarantee that existing older ones will be destroyed. This is a matter of concern to taxpayers who fear the expansion of bureaucratic empires and the perpetuation of the present unsatisfactory and dehumanizing institutions. (2) Recommendations affecting staff morale, training and career planning are long overdue, and should be strongly supported. The problem of insuring justice within the walls are particularly urgent. (3) "The criminal justice system should be carefully re-examined with a view to enlarging the alternatives to incarceration." The Church Council believe this has not been emphasized enough. Incarceration, as the strongest sanction the state can impose, should be resorted to only for the most dangerous offenders. (4) "The federal government should commence discussions with the provinces with a view to establishing standardized correctional operations across the country." The Church Council on Justice and Corrections is actively endeavouring to create a climate of public awareness through its Alternatives Programme. Many who are involved with Alternatives have requested suggestions for practical action. Here is a recommendation for which I invite your enthusiastic cooperation as a leader in the Christian community. A letter addressed to the Solicitor General, commending him for the positive response to the Sub-Committee's Report and expressing your concern related to the above items can be very effective in encouraging reform, especially if supported by a petition. A copy should be sent to your Member of Parliament and we would appreciate receiving one as well. Alternatives, 200 Boulevard Davignon, Cowansville, Quebec J2K - 1N9. Canadian must not allow this report to be shelved as so many others in the past, only to be superseded by yet another report when the prisons begin to erupt again. Now is the time to act, preferably before December...YOU VOICE IS IMPORTANT.

Indian Metis Brotherhood Organization

By SAM ROSS

This is a follow up to my initial article. I extend my warmest greetings. May I also commend the October 5th, 1977, seminar at the university in the city of Winnipeg, regarding, rape crisis and violence. As the president of the I.M.B.O., I feel that it is necessary to create an awareness beacon on behalf of our female population in Canada, and specifically, the whole North American continent in general. Further, I might mention that, Western European philosophy has influenced the Canadian people in general, hence, the initiation of many treacherous attitudes and the authoritarian's of psychology, a system which has made the prosperous more prosperous. Prosperity has transformed many a do-good into a very treacherous demonic, practically mentally defective, state. This comprises virtual devastation of an otherwise diligent personality. I would merely suggest that restraint be our element of self control. If we, in general, made a greater effort to live in peace rather just a verbal hog-wash and pretext ministry, I solemnly swear that our North American continent society would benefit on a progressive level. The North American continent must strive to achieve the solidarity it lacks. I am not suggesting that the initial practise consist of genocide detrimental to our Native Canadians, Canadians, in general, are a very ethnically conscious lot, particularly towards our Native Indian population. My assumption is that everyone, in general, endeavors to secure the spiritual insulation to comfort his soul, and my fraternal relatives are no exception. In respect to corruption, May I ask you, has the Western European philosophy influenced the Native Indian people of the North American Continent? I solemnly believe that, with our modern era people, it is very essential that we not persecute, or endeavor to demoralize, or under estimate the power of a nature-loving free spirited soul. This I recommend by virtue of my resilient nature and the absense of physical or psychological inducement. My final point is relevant: Prior to the discovery of the Western European philosophy, the North American continent native Indian had no knowledge of corruption. Alcoholism, racial ostracism, bias or any other demonic method of personal devastation such as war and pollution, violence and many other psychological transitions of an immoral nature. The I.M.B.O. is an ethnic-conscious lot so, British Subject, I merely suggest that you proceed with caution with your Western European philosophy-it put me in prison. With courage, confidence, and wisdom, I am going to survive and ignore the stigma and condemnation of "the Native Indian Ex-con" label Death Row is no place for an authentic North American continent native Indian.

To...my...wife's...husband..

The judge said life, and to the mountain I came
Concrete and steel surrounds me, how my life has changed
For, when I first came here, my wife was so true
But as the years past, loneliness drove her to you.

It was not always this way ,it's true
She wrote tear stained letters, of love gone blue
She was my wife, a mother, good and true
But loneliness drove her, from us to you.

Now.as I remember, the times of before
With our little daughter, and the coming of more
The happy days, happy nights, spent planning a life
Free from worry, the heart aches of life.

All this is gone now, she left our life
Gone from our children, she became your wife
But, we are still waiting, for her return
To rekindle our love, the past to burn.

It would be so good, to be a family again
Free from the years, of loneliness spent
Our children are waiting, for her return
To be a whole family, not broken and bent.

Yes send her back , to us once more
To be, again, together, to separate, no more
For our love is real, will always be true
Awaiting the return, of her, from you.

BY: George Qurntaill

To my loved one

He or She who is...

Or has been...deeply hurt...

Has a right...

To be sure,

He or She is...Loved.

By: J. Barnett.

Feeling and existence

I need to feel, I am unique

Capable of love and life

Not just one of the crowd

Looking towards life,

But myself living and feeling...

I must not remain in a sort of now existence,

I must exist.

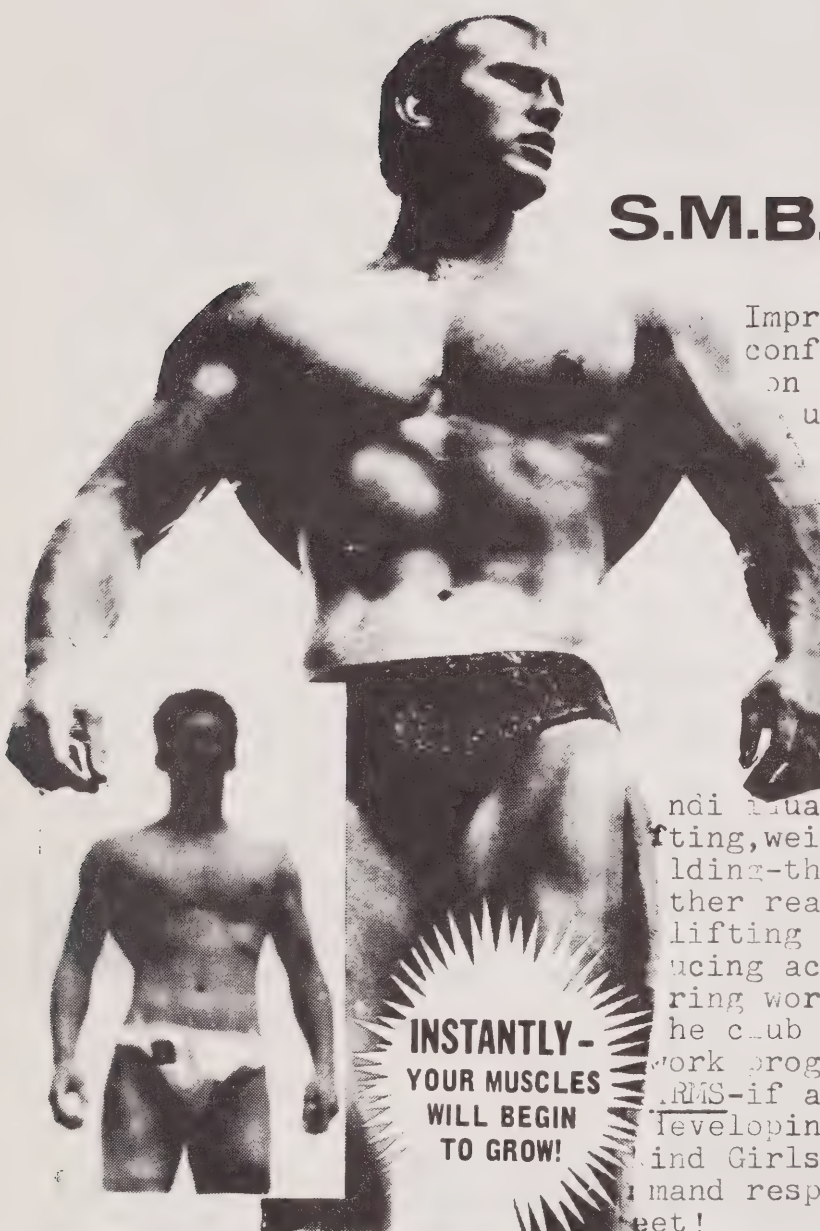
For otherwise there would be non - life...

Non - existence...

Closed in despairing

For this can be a taste of Death.

By: J. Barnett.



S.M.B.A. CLUB

Improve your health, self-confidence and your outlook on life as you become muscular. Regardless of your age, height or present build, the S.M.B.A. will help you build a fabulous body. One of the main reasons the Stony Mountain Bodybuilding Association was started was to help implement powerlifting growth within the institution, and encourage and train individuals in all aspects of lifting, weight lifting and bodybuilding—there is a difference—Another reason is to teach correct lifting procedures, thereby reducing accidents and injuries during workouts. The members of the club will also write suitable work programs for individual need. ARMS—if anyone is interested in developing big, powerful arms—the Kind Girls love to be held in! Command respect from everyone you meet!

**INSTANTLY-
YOUR MUSCLES
WILL BEGIN
TO GROW!**

BE GREAT- BE SOMEBODY SPECIAL!

CHEST—is your chest sunken and unimpressive? No more! It's easy to build a massive 45, 47, or even 50 inches.

BACK—develop your upper back, and get that outstanding "V-Shape!" Often within one week you'll be able to see that wedge formation begin to take shape—it's a real attention getter!

SHOULDERS—get rid of those puny shoulders! Instead, fill your shirts with bulging muscles!

LEGS—Put some muscle on those spindly legs! Muscular legs will give you extra power like you've never dreamed possible!

ABDOMEN—trim and hard—that's the way your abs should look. Get

(S.M.B.A. cont'd)

rid of your pot-belly, improve your digestion, and get that washboard waist-all when you develop those abdominal muscles! If anyone has any question about lifting or the club, seek out the following men: Mr. John Martin, **M-2-20** or Rick Tycholis **B-5-10**.

S.M.B.A. Competition Results

The S. M. B. A. held their annual powerlifting competition on the 23rd of October here with John Rosner setting a second Manitoba record at 1200 hundred pounds. Each entrant was allowed three lifts in each event, each attempt was counted as a lift. The competition featured three events, squat-deep knee bend, bench press-prone position, and deadlift-backlift or leglifting. All rules were set down by the International Powerlifting Federation.

CATEGORIES OF WEIGHT CLASSES

Flyweight.....up to 52 K.G. (114½lbs.)
Bantamweight.....up to 56 K.G. (123½lbs.)
Featherweight.....up to 60 K.G. (132½lbs.)
Lightweight.....up to 67½K.G. (148½lbs.)
Middleweight.....up to 75 K.G. (165½lbs.)
Ligtheavyweight.....up to 82½ K.G. (181½lbs.)
Middleheavyweight.....up to 90 K.G. (198½lbs.)
100 K.G. Class.....up to 100 K.G. (220½lbs.)
Heavyweight.....up to 110 K.G. (242½lbs.)
Superheavyweight.....over 110 K.G. (over 242½lbs.)

"John Rosner" Manitoba Record Holder Middleweight Bodyweight-164

	FIRST	SECOND	THIRD	FINAL
Squat	300	340	360	360
Bench-Press	300	340	340	340
Dead-Lift	400	460	500	500
Total:				1200

S. M. B. A. Powerlifting Finals Novice Classes-Lightweight

First	Suan.....up to 67½ K.G. (148½lbs)	Trophy
Second	McKenzie....up to 67½ K.G. (148½lbs)	Trophy
Third	Martin.....up to 67½ K.G. (148½lbs)	Trophy

(S. M. B. A. Finals cont'd)

Middleweight

First	Whitmore.....up to 75 K.G. (165 $\frac{1}{4}$ lbs.)	Trophy
Second	Boston.....up to 75 K.G. (165 $\frac{1}{4}$ lbs.)	Trophy

Lightweight

First	Jones.....up to 67 $\frac{1}{2}$ K.G. (148 $\frac{3}{4}$ lbs.)	Trophy
Second	Redhead.....up to 67 $\frac{1}{2}$ K.G. (148 $\frac{3}{4}$ lbs.)	Trophy
Third	Moore.....up to 67 $\frac{1}{2}$ K.G. (148 $\frac{3}{4}$ lbs.)	Medal

Middleweight

First	Baird.....up to 75 K.G. (165 $\frac{1}{4}$ lbs.)	Trophy
Second	Menchella.....up to 75 K.G. (165 $\frac{1}{4}$ lbs.)	Trophy
Third	Tycholis.....up to 75 K.G. (165 $\frac{1}{4}$ lbs.)	Medal

Lightheavyweight

First	Pidscalny.....up to 82 $\frac{1}{2}$ K.G. (181 $\frac{3}{4}$ lbs)	Trophy
Second	Thomas.....up to 82 $\frac{1}{2}$ K.G. (181 $\frac{3}{4}$ lbs)	Trophy
Third	Willis.....up to 82 $\frac{1}{2}$ K.G. (181 $\frac{3}{4}$ lbs)	Medal

Middleheavyweight

First	Mentuck.....up to 90 K.G. (198 $\frac{1}{2}$ lbs.)	Trophy
Second	Tuesday.....up to 90 K.G. (198 $\frac{1}{2}$ lbs.)	Trophy
Third	Loon.....up to 90 K.G. (198 $\frac{1}{2}$ lbs.)	Medal

100 K.G. Class

First	Piflefer.....up to 100 K.G. (220 $\frac{1}{2}$ lbs.)	Trophy
-------	--	--------



Smile!
It will make the guards
wonder what you've
been up to.





CULTURE CENTRE

BY: Joe Petzold

The centre is designed to house activities of social and cultural nature. When the place opens officially for the evening activities most of the existing clubs may be scheduled to meet here.

WHY PROMOTE CULTURE

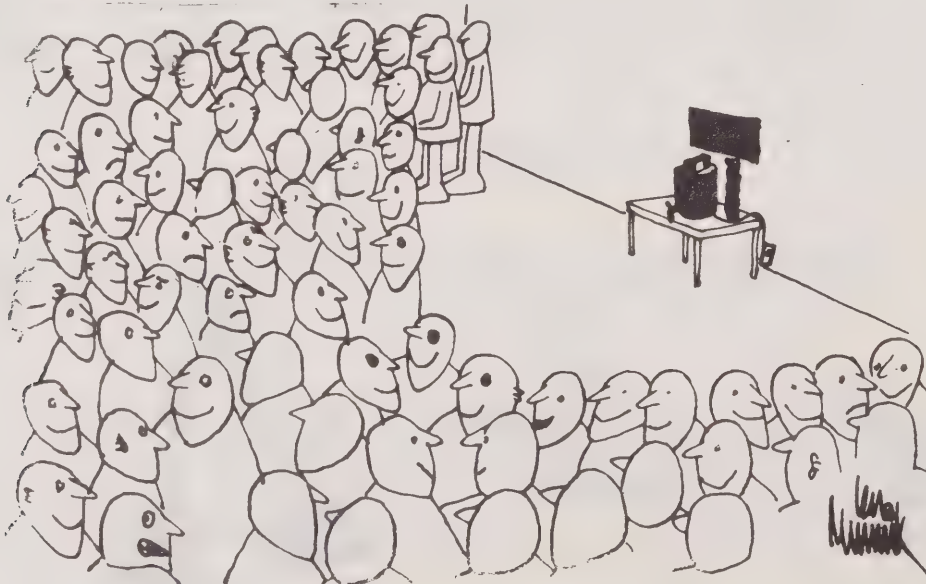
Canadian Culture is as varied as is the linguistic variety, the climatic variety, the geographical variety and most important, the variety of its people. If we can develop our own culture and learn of other cultures, then the centre should be the place to do it.

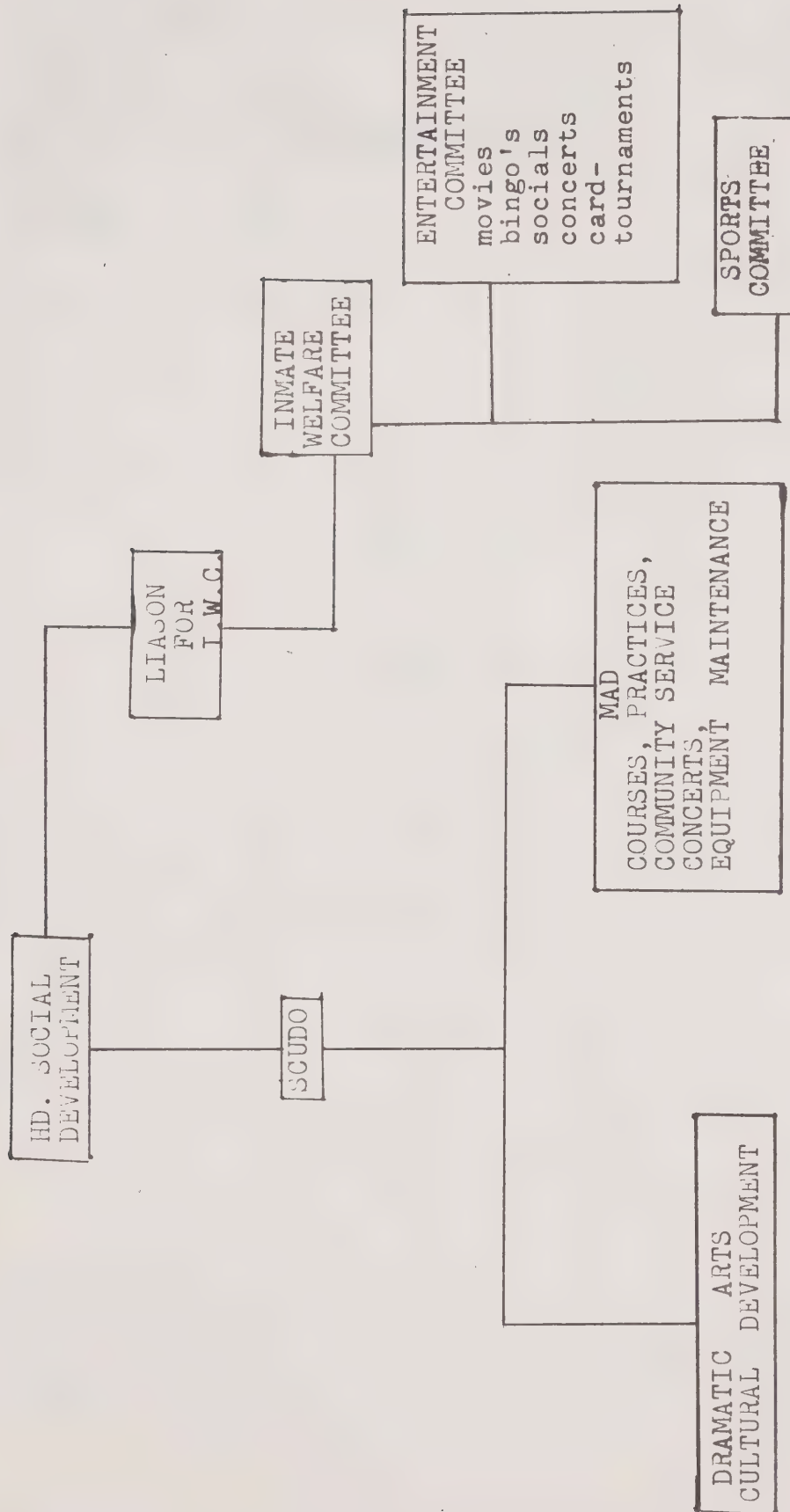
COMMUNICATION

Our cultural centre will promote the development of communication skills through the media of verbal skills and visual communication. This will be done via-Toastmasters, drama, concerts by inmates and concerts from the community sponsored by MAD and the Musicians Association of America.

WHEN WILL THE CENTRE BE AVAILABLE

We are waiting on two major improvements, one is the stairway to be built at the north end and the other is installation of better telephone lines. All request regarding use of the centre for your organization should be addressed to Mr. Art McGiffard - Head of Social Development.





SCUDO**Social Cultural Development Officer

MAD**Musical Arts Development

19 SEPTEMBER * DECEMBER 23, 1977.
 ACTIVITY CHART
 CULTURAL CENTRE

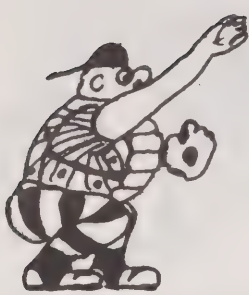
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ENT. COMM. 2nd & 4th 1330	TOASTMASTERS EXEC. 1430	PENTHOUSE PLAYERS 1330 - 1600	
		1400 CONVERSE 1st & 3rd	I.M.B.O. EXECUTIVE 1330	
	I.W.C. 1330			

AFTERNOONS

LIAISON STAFF

- Joe Petzold
- Joe Petzold
- Joe Petzold
- Roger Allec
- Rollic LeClair
- Art McGifford

N.B. This is a proposed activity schedule, subject to periodic review.



Baseball

JOE BARNETT



"B" LEAGUE CHAMPS - JETS

J.Bone
.Roulette
J.Stewardson
R.Jackson
.Cook
A.Woodhouse

"A" LEAGUE CHAMPS - RATTLERS

E.Cote
G.Sylvester
R.Dunlop
R.Barr
D.Severeight
D.Acoby
R.Sinclair
.Payout
G.Roach

SPORTSMAN OF THE YEAR 77

"B" League - E. Cote

MOST VALUABLE PLAYERS

"B" League - J.Stewardson

"A" League - E.Cote

BEST BATTING AVERAGES

"B" League - H.Mallette
700

"A" League - C.Woodhouse
765

BEST PITCHERS

"B" League - R.Jackson

"A" League - E.Cote

BEST COACH

J. Bone - "B" League

F. Myron- "A" League

BEST OFFICIALS

"B" League - G.Laliberty

"A" League - J.Walz

SOCCER

stan redhead



It was an excellent season here for soccer, with all players showing up during the season. For those with a keenness in this particular sport a really good brand of institutional soccer was played and the spectators enjoyed it as much as the players. The soccer season in this institution started August 21st and ended October 26th. In the playoffs, best out of three, the North Stars came up behind the Loggs to win two straight games. In the game with the Giddy-Ups and the Raiders, the Giddy-Ups also won two straight to defeat the Raiders. Out of the five institutional teams, the North Stars came out on top, defeating the Giddy-Ups for the championship and the banquet cake, which was held on the 9th day of November.

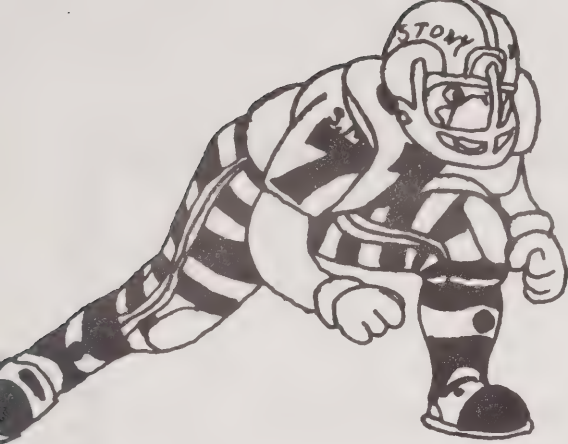
TEAM STANDINGS

PLACE	TEAM	POINTS
First	North Stars	28
Second	Giddy-Ups	23
Third	Loggs	21
Fourth	Raiders	19

In selecting the best three players from each team in order of the most goals, I have chosen:

BEST PLAYERS

	Name	Team	Goals	Assist
ONE:	Laliberty	North Stars	32	12
	McDonnick	" "	11	10
	Norquay	" "	8	5
TWO:	Fournier	Giddy-Ups	18	18
	Brothers	" "	14	7
	Tuesday	" "	12	3
THREE:	Sinclair	Loggs	19	12
	Bell	" "	15	10
	Sharpe	" "	8	6
FOUR:	Cook	Raiders	8	4
	Laliberty	" "	5	4
	Menie	" "	4	3



FOOTBALL

joe barnett



FOOTBALL CHAMPS - BUFFALOES

M. Sanderson
C. Sharpe
 Izzard
A. Beauchamp
P. Dumas

B. Traverse
L. Oliver
J. Warrington
 Mentuck
D. Caugy

 Nelson
G. Flett
P. Stelmaschuk
J. Brothers
 Robinson

MOST VALUABLE PLAYER

A. Beauchamp

TOP SCORER

F. Laliberty

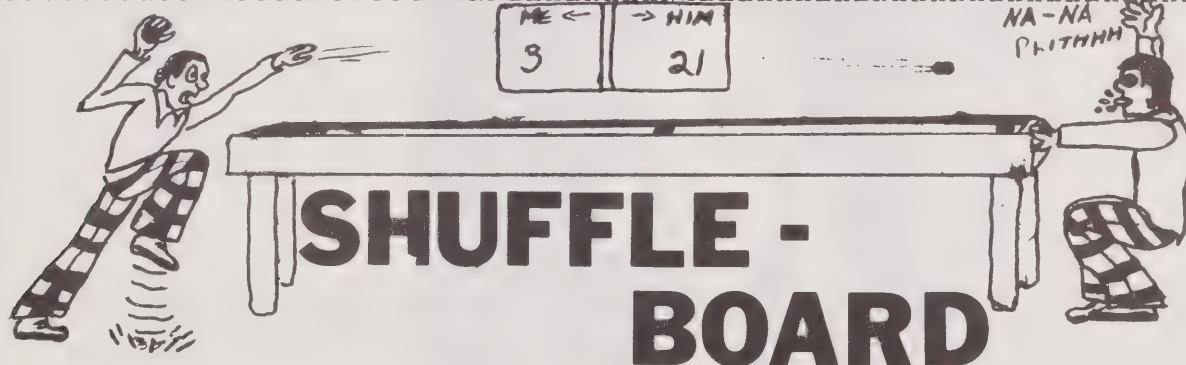
BEST COACH

M. Sanderson

BEST OFFICIAL

T. James

XX



SHUFFLE - BOARD

SHUFFLEBOARD - 77

SINGLES

1st-C. Sharpe

2nd-P. Stelmaschuk

BEST OFFICIAL

B. Thomas

(SHUFFLEBOARD cont'd)

WINNERS OF YEARLY TROPHIES

DOUBLES

1st - Patrick

2nd-A. Beauchamp

1st - Dick

2nd-P. Stelmaschuk

XX

“SMOKING



is childish at any age”

THIS PAGE IS

RESERVED FOR

THE

CLASSIFICATION DEPARTMENT

Terminator Writing Contest

Any of our readers who feel that he or she can write an interesting story well here is your chance. All you have to do is spin a yarn of 450 to 500 words based on the following story then send it to: EDITOR, THE TERMINATOR MAGAZINE WRITING AWARD, P.O. BOX 101 STONY MOUNTAIN, MANITOBA R0C 3A0. Inmates may drop entries into the TERMINATOR mail box in the dome.

PRIZES

There will be two winners, one from the population and one from the outside community. 1st. prize in the Institution population: 10 cokes. 1st. prize from the outside community: an original prison cap bearing a number and a brief history of the man who once wore it.

MYSTERY STORY

It was 1921 when this 1866 Winchester Carbine had been found, embedded in the crotch of a tree by an unknown prospector in the Fraser Valley, a pile of bones belonging to a man and a bear was found at the base of this tree, whose limb had grown around the stock of the rifle throughout the years. The rifle has since changed hands many times, and the circumstances surrounding its history remain unknown. The idea of the contest is to relate what you think had happened, what were the events leading up to the attack? Our readers are invited by the Terminator to organize these clues then spin a 450 to 500 word tale around them, then send your story in. Submissions shall be judged by our Liason Officer Mr. Brian Thorgrimson, stories of first place winners will appear in our next issue. All entries become the property of the Terminator. You better hurry, entries must be recieved by December 31, 1977...GOOD LUCK !



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